

805P-COM-1112
Perform Military Movement Drill 1 (MMD1)
Status: Approved

Security Classification: U - Unclassified

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Conditions: Military Movement Drill 1 (MMD1) is a dynamic preparation activity for the more vigorous endurance and mobility activities in physical training. The Soldier is provided a PRT area with traffic cones set IAW ATP 7-22.02, an approved PRT plan, a PRT Instructor, and in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standards: Perform Military Movement Drill 1 (MMD1) completing all the prescribed exercises as planned so each exercise is performed in the proper sequence, using movements precisely as described. Exercises must be performed without causing injury and without errors, while utilizing the GO & NO-GO criteria, approved PRT plan, and ATP 7-22.02, "Holistic Health and Fitness Drills and Exercises."

Special Conditions: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this drill. It is important that each exercise in this drill be executed IAW ATP 7-22.02.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

- Conduct visual reconnaissance of training area before execution of this drill.
- Beware of hazards such as holes, uneven terrain and rocks.
- Use caution when conducting MMDs on wet terrain.

Remarks: None

Notes:

(1) Military Movement Drill 1 is a dynamic preparation activity for the more vigorous endurance and mobility activities in physical training. It develops motor coordination in multiple planes for foot movement at varying speeds over the ground. The formation for Military Movement Drill (known as MMD) is a platoon extended rectangular formation, covered.

(2) All exercises in the Military Movement Drill 1 can be viewed on YouTube using the following links:

MMD1-1: <https://www.youtube.com/watch?v=5h-KFJfAqT8>

MMD1-2: <https://www.youtube.com/watch?v=IgL7ZUI7imk>

MMD1-3: <https://www.youtube.com/watch?v=2A4maJQIZt4>

Performance Steps

1. Perform Verticals.

Note: EQUIPMENT: 4 ea safety cones

VIDEO: Military Movement Drill 1 (MMD1), Exercise 1: <https://www.youtube.com/watch?v=5h-KFJfAqT8>



Vertical

UNCLASSIFIED

Vertical

MILITARY MOVEMENT DRILL 1 (MMD1)



<https://www.youtube.com/watch?v=5h-KFJfAqT8>
UNCLASSIFIED

1

Exercise 1

Military Movement Drill 1 (MMD1)

a. Assume the correct starting position: staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up, looking straight ahead, and the knees are slightly bent.

b. Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact is primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.

2. Perform Laterals.

Note: EQUIPMENT: 4 ea safety cones

VIDEO: Military Movement Drill 1 (MMD1), Exercise 2: <https://www.youtube.com/watch?v=lgL7ZUI7imk>



UNCLASSIFIED

Lateral

MILITARY MOVEMENT DRILL 1 (MMD1)



<https://www.youtube.com/watch?v=lgL7ZUI7imk>
UNCLASSIFIED

2

Exercise 2

Military Movement Drill 1 (MMD1)

a. Assume the correct starting position: straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

b. Movement: Step out with the lead leg and then bring the trail leg up and toward the lead leg. The Soldier always faces the same direction so that for the first 25-yards he is moving to the left and for the second 25-yards he is moving to the right.

3. Perform Shuttle Sprint.

Note: EQUIPMENT: 4 ea safety cones

VIDEO: Military Movement Drill 1 (MMD1), Exercise 3: <https://www.youtube.com/watch?v=2A4maJQIZt4>



Shuttle
Sprint

UNCLASSIFIED

Shuttle Sprint

MILITARY MOVEMENT DRILL 1 (MMD1)



<https://www.youtube.com/watch?v=2A4maJQIZt4>

UNCLASSIFIED

3

Exercise 3

Military Movement Drill 1 (MMD1)

a. Assume the correct starting position: staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

b. Movement: Run quickly to the 25-yard mark. Turn clockwise while planting the left foot and bend and squat to touch the ground with the left hand. Run quickly back to the starting line and plant the right foot, then turn counterclockwise and touch the ground with the right hand. Run back to the 25-yard mark accelerating to near maximum speed.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier "GO" if all performance measures are passed (P). Score the Soldier "NO GO" if any performance measure is failed (F). If the Soldier scores "NO GO," show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of Military Movement Drill 1 (MMD1). The Soldier should wear APFU. The uniform should be appropriate for the activity that follows Military Movement Drill 1 (MMD1). For example, when the activity includes Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Exercise 1: Performed Verticals			
a. Assumed the correct starting position: staggered stance with the right foot forward. The right heel was even with the toes of the left foot. The right arm was to the rear with the elbow slightly bent and the left arm was forward. The head was up, looking straight ahead, and the knees were slightly bent.			
b. Movement: Brought the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact was primarily with the balls of the feet. When the left leg was forward, the right arm swung forward and the left arm swung to the rear. When the right leg was forward, the left arm swung forward and the right arm swung to the rear.			
2. Exercise 2: Performed Laterals			
a. Assumed the correct starting position: straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Faced perpendicular to the direction of movement.			
b. Movement: Stepped out with the lead leg and then brought the trail leg up and toward the lead leg. The Soldier always faced the same direction so that for the first 25-yards he was moving to the left and for the second 25-yards he was moving to the right.			
3. Exercise 3: Performed Shuttle Sprint			
a. Assumed the correct starting position: staggered stance with the right foot forward. The right heel was even with the toes of the left foot. The right arm was to the rear with the elbow slightly bent and the left arm was forward. The head was up looking straight ahead and the knees were slightly bent.			
b. Movement: Ran quickly to the 25-yard mark. Turned clockwise while planting the left foot and bent and squatted to touch the ground with the left hand. Ran quickly back to the starting line and planted the right foot, then turned counterclockwise and touch the ground with the right hand. Ran back to the 25-yard mark accelerating to near maximum speed.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary	Source Information
	ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	Yes	Yes	
	FM 7-22	Holistic Health and Fitness	Yes	No	

TADSS : None

Equipment Items (LIN): None

Materiel Items (NSN) :

Step ID	NSN	LIN	Title	Qty
1.	6250-00-334-6183		CONE,SAFETY	4
2.	6250-00-334-6183		CONE,SAFETY	4
3.	6250-00-334-6183		CONE,SAFETY	4

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card.

Safety: In a training environment, leaders must perform a risk assessment in accordance with current Risk Management Doctrine. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW current CBRN doctrine. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit

- Equipment condition (if applicable)

In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC).

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1138	Perform The Recovery Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Analysis

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0133	Hip Stability Drill (HSD)
805P-K-0124	Preparation Drill (PD)
805P-K-0127	Military Movement Drill 2 (MMD2)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0125	Recovery Drill (RD)
805P-K-0111	Army Terminology and Acronyms
805P-K-0126	Military Movement Drill 1 (MMD1)

Skills :

Skill ID	Skill Name
805P-S-0103	Ability to form and ask questions
805P-S-0119	Perform basic drill and ceremonies
805P-S-0120	Perform Preparation Drill (PD)
805P-S-0121	Perform Recovery Drill (RD)
805P-S-0122	Perform Military Movement Drill 1 (MMD1)
805P-S-0123	Perform Military Movement Drill 2 (MMD2)
805P-S-0129	Perform Hip Stability Drill (HSD)

ICTL Data : None